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THE  
TRUE WAY  
O F  
Preserving & Candying,  
A N D  
Making several Sorts  
O F  
Sweet-Meats,  
According to the  
Best & Truest Manner.

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Made Publick for the Benefit  
of all *English* Ladies and  
Gentlewomen; especially for  
My Schollars.

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L O N D O N,  
Printed for the *Author*, in the  
YEAR, 1681.

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## The Epistle Dedicatory.

To all Young *Ladies* and  
*Gentlewomen*; especial-  
ly those which are my  
Schollars.

Ladies & Gentlewomen,

**H**is little Piece  
that I now pre-  
sent you with, is  
what I thought  
might be acceptable to you,  
and a Work necessary to be  
A 2 done:

## The Epistle

done; because of all the  
Pieces that I have yet seen,  
I never could find any thing,  
or at most very little, that  
was worth your taking no-  
tice of in them: And in-  
deed, they may be truly cal-  
led a ready Way to spoil  
Sugar and Fruit, rather  
than to Preserve Sweet-  
Meats. Therefore, I have  
taken no notice of any of  
them, but have only given sure,  
such Directions, as I know  
will truly accomplish the  
End for which I design'd here  
them: Yet I do not know, which is all I can promise

but,

## Dedicatory.

but that you may miscarry  
in endeavouring to do what  
I have here directed; For,  
as the Old Saying is, It is  
Use that makes Perfectness;  
and no Person can do that  
with a Pen, that your see-  
ing and observing shall do;  
for, if so, then all Arts would  
be easily obtained; & What  
needed Seven Years Ap-  
prentiship? But this, I am  
sure, will be sufficient for  
to help your Memories, af-  
ter you have seen what is  
directed Practised;

A 3 You,

## The Epistle Dedicatory.

You, or my Self: Except it be my Assistance to shew you that which I have here given Directions for to be done; in which, I do not doubt, but to give you all the Satisfaction you can expect.

THE

[7]

# THE TRUE WAY OF Preserving & Candyng, AND Making several Sorts OF Sweet-meats;

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## How to Preserve whole Oranges.



Ake of the largest, and best coloured Sevil-Oranges, and pare them; then cut a round Hole at the End where the Stalk did grow, and put them into a Brass

A 4

or

or Copper-Pan of clean Water ; through a piece of White-Flan-  
and set them on a Fire, made  
to burn clear with Wood or  
Charcoal, and boyl them till  
you can thrust a Straw thorow  
them ; shifting the Water twice :  
Then take them off, & put them  
into clean cold Water ; and when  
they are cold, take out the Meat  
of them with a little Stick, made  
in the Fashion of an *Apothecaries*  
*Spatule* ; and as you take out  
the Meat, put them into clean  
Water, and let them stand *Eight*  
and *Forty Hours* ; in which time,  
shift the Water *four times*. Then  
if you will use *Powder-Sugar*,  
you must Clarify it with Eggs,  
putting ~~a~~ Pint and an half of  
Water to a Pound of Sugar, and  
seym it clean, and strain it

through

nel ; then put your *Orenges* up-  
on a Sieve to drain : Then  
place them in a single Row in  
the Preserving-Pan, and put to  
them as much Syrrup, as will  
handsomly receive them, to boyl  
them in : Then set them on  
the Fire, and let them just boyl ;  
then set them by one Day : then  
set them on the Fire again, and  
let them boyl gently half a Quar-  
ter of an Hour ; then set them  
by again for another Day :  
Then set them on the Fire, and  
boyl them till they are enough ;  
which you may know, by try-  
ing a Drop of the Syrrup upon  
your Finger ; for when it will  
croke, it is enough. You must  
turn them sometimes as you  
boyl

boyl them, that they may be Preserved all over; and when they are, you must set them by till they are cold.

Then if you will Candy any of them, take them, and lay them upon a splintered Sieve, and let them drain clean from the Syrrup; then wash them in fair Water, and drain them and dry them in a Stove moderately; then take as much Clarified Sugar as will receive them, and boyl it till it will rope a little, and put them into it, and boyl them very fast; stirring of them with a Brass Slice with Holes in it, which must be your Director, to know when they are enough; for when they are enough, you may blow the Sugar

gar through the Holes of the Slice in little Bladders: Then take them off, and let them cool a little, stirring them with the Slice; then lay them upon a dry splintered Sieve, to drain and cool; and when they are cold, if you would keep them for any Time, you must wrap them up in several Papers, and keep them in a dry Closset; but put them not in a Stove.

And if you would put any Oranges in Jelly, then take some Pippins, and slice them when they are pared and cored into clean Water, and boyl them till you think the Goodness is boyled out of them: then strain it, and let it settle till it is clear: Then take a Pint of the same, and

and put to a Pound of Double-refin'd Sugar, and boyl it, and scum it clean; and when it will jelly, have your *Orenges* put in Glasses fit for them, and put the Jelly to them: but take care that you cover them with Jelly: And when they are cold, cut some Papers fit for Glasses, and wet them in fair VVater, and dry them a little in a clean Napkin, that they may be about half dry: And then lay the Papers upon the Jelly, and tye them over with another Paper, and set them in a dry Clos-set: But put them not into any Stove.

You may Preserve and Candy *Orente-Chips*, and Halfs and Quarters of *Orenges* the same way.

To

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### To Preserve Whole Lemons.

**T**ake them, and lay them in fair Water three dayes; then pare them very neatly, and cut a Hole in them at the End, where the Stalk is joyned to them: Then boyl them very tender, that a Straw may run through them; then take out the Meat, and put them into clean Water; then Clarify some Sugar, with a Quart of Water to a Pound of Sugar: Then pack them in a Pan, and put to them as much

of

of the same, as will fill them, and cover them: Let not your Syrrup be too thick; then cover them with a sheet of White Paper, which is good to keep them, and all other Sweetmeats under the Syrrup, in the Time of their Preserving; and set them by for two Nights, and a Day: Then take them out of the Syrrup, and boyl the Syrrup whil'st you may tell *Ten*; if there doth rise any Scum, take it off clean, and put in the *Lemons*, and cover them with a Paper again, and set them by till the next Day; then set them on the Fire, but not to boyl: Then set them by for Two Dayes, or *Eight* and *Forty* Hours; then take the Syrrup

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rup from them, and boyl it as before, and put to them again; and if your Syrrup doth decrease, you must add more to it, and set them by for *Eight* and *Forty* Hours more: Then heat them in the Syrrup, till they are ready to boyl Four Dayes together: But let them have a quick Fire, that they stand not long upon it: Then take the Syrrup from them, and boyl it till it will draw ropy a little, and put to them, and let them stand *Twenty-Four* Hour; then set them on the Fire, and boyl them till you see they are Preserved enough, and that the Syrrup will rope: Then cover them, and set them by till the next Day; then you may Candy them, or

put

put them in Jelly, as you do  
the VVhole *Orenges*.

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### To make Marmalad of *Orenges*.

**T**ake the Peels of fair Se-  
vil-*Orenges*, and boyl them  
in three several Waters, till  
they are very tender; then put  
them into fair cold VVater,  
and let them stand Three dayes,  
shifting the VVater twice a day;  
then drain them from the VVa-  
ter, and beat them in a wooden

Mortar: Then take some Pip-  
pins, and pare them, and core  
them, and weigh a Pound of  
Pippins,

Pippin, and boyl it in fair  
VVater, till it is so soft, that  
you can force it through a Cul-  
lendar; which being done, put  
half a Pound of the *Orenges* to  
it, and boyl it a little together:

Then take one Pound and a  
Quarter of Sugar beaten, and  
cærased, and put to it, and  
set it on the Fire, keeping of  
it stirring till you perceive it is  
enough; which you may un-  
derstand by dropping a little up-  
on a Plate. When it is enough,  
put it into flat Pots or Glasses;  
and when it is cold, paper it  
up, and set it in your Clos-  
set.

You may make Cakes of the  
same to dry, by putting a

B Pound

Pound and Ten Ounces of the Sugar, to a pound of *Pippin*, and half a pound of the *Ornge*, and lay it out upon Plates to dry, and put it in a Stove. And to make it dry crisp, you must shake a little fine Sugar over it, put into a piece of fine Linnen ; and when one *side* is dry then turn them upon Papers, pu in a dry Sieve ; and dust the other side too, and set them in the Stove again : And when it is dry, pack it up in a Box with Papers between one another.

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### To make Paste of Pippins.

**F**irst, Quarter your *Pippins*, and Core them, and pare them ; then weigh them, and slice them into fair Water, as much as will boyl them so tender, that you may pulp them through a Cullendar ; then put it in the Pan again, and set it over the Fire, and boyl it till the Water is pretty well gone, and that it is as thick as Aple-Sauce : Then you must have a Care, and keep it stirring, that it doth not lose the Colour :

B 2

Then

Then to a pound of *Pippin*, take a pound and one ounce of Double-Refin'd Sugar beaten to powder, and sifted through a Hair-Sieve ; put it into the Pan to the *Pippin*, and stir it together ; then set it over the Fire, and let it boyl till it is enough, which you may know by dropping a little upon a Plate. You may lay it upon plates to dry, when it is cool ; then dust it with some Fine Sugar, beaten, and put in a piece of Fine Linnen, and set it in the Stove : And when one side of it is dry, then lay some dry papers in a dry splinter Sieve, and turn it into the Sieve, and dust the other side, and set it into the Stove till it is dry :

then

then pack it into a Box, with papers between each Laying ; and keep it in a dry Closset, but not near the Fire, nor in a Stove.

**I**F you would colour it Green, then take Spinnage, and beat it, and strain the Juice into an Earthen Pan or Pipkin, and set it on the Fire, and it will divide it self like Curds & Whey ; then put it upon a little Hair-sieve, and let the Thin run from the Thick ; then take the Thick part, and put it into a white Earthen Plate ; and with the Back of a Silver-spoon, work it about till it is very fine, that there be no black Lumps in it : Then put into your Paste

as much of it, as you do see will make it of a good Colour, and stir it well together, to mix it all alike. Then lay it out to dry, as before.

**T**O make Red Colouring for *Pippin-Paste*, or *Quince-Paste*, or *Paste-Royal*; take an Ounce of Cutchenele, and beat it very fine; then put it into Three Quarters of a pint of fair Water in a Skillet, and a Quarter of an Ounce of *Roch-Allum*, and boyl it till you think the Water hath got out the Goodness of it; then strain it through a piece of fine Holland, and put it into a Vial, and put Two Ounces of Double-refin'd Sugar to it, and keep it by you: It will keep six Months.

**E**

### To make Parched Almonds.

**T**ake a pound of Sugar, and make it into a Syrup, & boyl it to a Candy high'th; then take Three Quarters of a pound of *Jordan-Almonds*, and put into it; keeping them stirring over the fire till they are dry, and crisp: Then put them into a dry Box or Paper; and keep them dry.

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**L**

## To Candy Angelica.

**T**ake the Stalks of *Angelica* that is Tender & Green, and lay it in Water four and Twenty Hours ; in which time, shift the VVater two or three times : Then boyl it in a good quantity of VVater, till it is tender ; then peel it, and put it into fresh fair water : Then take a pound of fine Sugar to a pound of *Angelica* ; let the Sugar be made into a Syrrup, and set by till it be cold ; then put in the *Angelica*, and set it on a gentle fire, till it be ready to boyl ; Then

then take it off, and cover it with paper, and set it by till it be quite cold : Then set it on a gentle fire again, aud boyl it up till it will Candy ; which you may know, by blowing the Sugar through the Slice that you stir it with : Then lay it out upon dry splintered Sieves ; and when it is cold, it will be dry to put up in a Box.

## To preserve Green Apricocks.

**T**ake your Apricocks before they have stones in them, and prick them, and put them into fair VVater, and scald them

them over a gentle fire till they are tender ; then put them into cold Water : Then take a pound of Sugar to a pound of *Apricocks*, Clarify the Sugar into a thin Syrrup. You may put a Quart of Water to a pound of Sugar. Let your Syrrup stand till it is quite cold ; then put the *Apricocks* into the Preserving-pan, and put the Syrrup to them, and let them stand *four* and *twenty* Hours covered down with a Paper; then set them on a gentle fire, and let them boyl ; then set them by till the next Day : then set them on the fire, and let them boyl pretty well ; then set them by for one Day more : Then set the Syrrup on the fire, and boyl it till it will draw ro-

py

py a little : then pack the *Apricocks* in the Pan, and put it to them, and let them stand till the next Day : Then set them on the fire, and boyl them till the Syrrup will draw ropy ; then set them by till the next day : Then drain them from the Syrrup, and pack them in Glasses or Pots, and put some Pippin-Water to the Syrrup, and boyl it a little to make it thin : then strain it through a Hair-Sieve, and then boyl it till it will Jelly. If you please, you may make a New Jelly, with Double - Refined Sugar, and Pippin-Water, as formerly directed in the Receipt for doing Whole *Orenges*.

If

*If you would dry Green Apricocks,*

You must Preserve them first, and when they are Preserved, then take half the Syrrup that they were done in, and as much Sugar, and boyl it till it will draw ropy a little, and pack them in the Pan, and put it to them; and set them on the Fire, and let them be thorow Hot all over; but not to boyl; then cover them down with a Paper, and set them into the Stove for a Day, and a Night: Then take them out of the Stove, and drain them on a Sieve, and lay them upon Plates to dry, and dust them with

with some Double-Refined Sugar, beaten, and put in a piece of fine Linnen, and set them in the Stove to dry; and when one side is dry, then turn them into a dry Sieve upon Papers, and set them into the Stove till they are quite dry: then pack them up with your Box papered, and Papers between each Laying.

If you make a little Bag of a piece of fine Linnen, and beat some Double-refined Sugar, and put in it, and hang it in the Stove to Keep dry; it will be very Convenient.

## To make Paste of Green-Pippins.

**T**ake *Green-Pippins*, and scald them, and peel them; and have fresh warm Water ready, and put them in, and cover them close, and keep them warm, till they are very Green; then take the Pulp of them, but take care you put no part of the Core in; and beat it in a Mortar, and pulp it thorow a Cullendar: then take a pound, and one ounce of Sugar, and clarify it, and boyl it till it will roul in a Ball

Ball between your Fingers; then put in a pound of the Pulp, take it off the Fire, and mix it together; and set it on the Fire again, and boyl it till it is enough; which you may know, by dropping a little on a Plate. Do with other *Pippin-Paste*.

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## To Preserve Goosberryes Green.

**T**ake the large Preserving *Goosberryes*, and pick of the *black*, but let the *stalk* be on; then put them into a Pan of Water, and set them on

a little Fire, just as may make them scalding Hot : Let them be covered down close, and let them scald till they are tender, but not to break any of them ; and when they are tender, then take them up into cold Water : Then take a pound and an half of fine Sugar to a pound of Goosberryes, and Clarify it with a pint and an half of Water to a pound of Sugar : then let the Syrrup be cold ; then pack the Goosberryes into your Preserving-Pan single, and put the Syrup to them, and set them on a gentle fire, and let them boyled, and you perceive the Sugar hath entred them, then take them, and cover them with a Paper, and set them by till the Morrow ; then take them out of the Syrrup, and boyld the Syrrup till it begin to rope, and scum it, and put it to them again ; and set them on the Fire, Preserve gently, till you find the Syrrup will rope ; then cover them with Paper, and set them by till the Morrow : And if you would put any of them Goosberryes into your Jelly, take some Goosberryes, and pick them, and boyl them in fair Water, and make a Decoction, and strain it, and let it settle ; and use a Pint of it to a pound of Double-refin'd Loaf Sugar, and make a Jel-ly of it, and pack the Gooseber-ries.

ryes in Glasses or Pots, and cover them with it; and when they are cold, then cut Papers, and wet them, and paper them, and tye them over with other Papers, and set them in your Closset.

If you would dry any of them, then boyl as much fresh Sugar as will contain them, till it will rope, and pack them in a Pan, and put it to them, and set them on the Fire till they are thorow Hot all over; then cover them with Paper, and set them into the Stove a Day and Night: Then drain them from the Syrrup, and lay them upon Plates, and dust them with the Bag of Sugar, and set them in

the Stove; and when one side is dry, then turn the other, and dust them again, and set them in the Stove till they are dry; then pack them up in a Box, with Papers between each Layer.

### To make Jelly of Currans.

Take the *Currans*, and strip them, and put them into an Earthen-Pot, and tye them close down; then set them into a Kettle of boyling Water, and let them stand *Three Hours*, Keeping the Water boyling;

ling; then take a clean Flaxen Napkin, and strain the Juyce from the Currans, and let it settle: Then take a pound of Loaf-Sugar, either single or double-refined, and beat it, and put to it a Pint of the Juyce, and boyl it to a Jelly; which you may know, by setting some in a Spoon: Then put it in Pots or Glasses; and when cold, paper it with wetted Papers, and tye them over with other Papers, and set them by in your Closet.

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### To Preserve Cherryes, without Stones, in Jelly.

**T**ake the Cherryes, and stone them; and to a pound of Cherryes take a pound of Sugar, and Clarify it into a Syrrup, and boyl it till it will rope very stiff: Then put in the Cherryes, and by degrees let the Sugar boyl over them; then have standing by you a Quarter of a Pint of Juyce of Currans; and when the Sugar boyls over the Cherryes, at four several times put that in. Be care-

ful to take off the Scum from all things that you do. Let your *Cherryes* boyl till the Syrrup is become a Jelly ; which you may understand, by trying some in a Spoon. You must take them off the Fire, and shake them sometimes, that they may not stick to the Bottom of the Pan ; and when they are done, put them into flat Pots or Glasses, and cover them with the Jelly : and when they are cold, paper them with wetted Papers, and tye them over with dry Paper, and set them by : They will keep a Year very well ; but set them not in a Stove.

You may do *Morello-Cherryes* the same way ; only, if you

you would have them keep, then add Two Ounces of Sugar more.

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### To Preserbe Cherryes With Stones.

**T**ake the best *Cherryes*, and cut the Stalks off half-way ; then to a pound of *Cherryes* take a pound of Sugar made into a Syrrup, and boyled till it will rope very well ; then put in the *Cherryes*, and boyl them till the Syrrup will draw, which is meant *Roping* : Then they are Preserved : But *Cherryes* with Stones must boyl a while ;

while ; and then take them off, and let them stand a little, or else the Stones will make the Syrrup grow thin again. If you would have them to Jelly, then you must put in Two Ounces more of Sugar, and a little *Currant-Juyce*. These are good for such People, that are troubled with Drought, to take sometimes one of them, and keep the Stone in their Mouths. You must put them up in Pots, & paper them as you do other things ; only when Sweet-Meats are not done in Jelly, you need not wet the Papers ; for wetting of the Papers, is to keep it from sticking to the Jelly.

To

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**To make a very sharp ta-  
sted Marmalad of Cher-  
ries.**

**T**ake four Pound of *Cherryes* without Stones, and a Quart of Juyce of *Currans*, and put them in a Preserving-Pan, and set them on the Fire, and dry away the Waterish Part, and break them, or mash them ; then take Three Pound of Sugar made into a Syrrup, and boyled Candy-high ; then put the *Cherryes* to it, and set it on the Fire, and boyl it till it comes to a Body ; then put

put it into flat Pots or Glasses ;  
and when cold, paper it up with  
wetted Papers.

### To make Quiddeny of Rasberryes.

**I**nfuse the *Rasberryes* in a long Pot of Earth, set into a *Kettle* of boyling Water, as you do *Currans*, and strain the Juyce, and let it setle, and put a pound of beaten Loaf-sugar to a pint of the Juyce, and boyl it till it will Jelly ; then scum it, and put it into flat Pots or Glasses ; and when it is cold, paper it with wetted Papers, and tye it over

over with dry *Papers* : Keep it in your Closset.

### To Preserve Red Rasberryes in Jelly.

**T**ake of the largest and best *Rasberryes* ; & to a pound of *Rasberryes* take a pound and a quarter of Sugar, made into a Syrrup, and boyl it Candy-high : Then put in the *Rasberryes*, and set them over a gentle Fire, and let them boyl ; and as they boyl, take them, & shake them sometimes ; and when the Sugar boyls over them, take them off the Fire, and

and scum them, and set them by a little: Then set them on again, and have a quarter of a pint of Juyce of *Currans* by you, and at several times put it in as they boyl: shake them often, as they grow near to be enough; which you may know, by setting some of the Syrrup by you in a Spoon, to try the Jelly; for when they Jelly well, they are enough: Then put them into *Pots* or *Glasses*, and keep the Jelly to cover them: But before you put it to them, pick out all the Seeds, and let the Jelly cover them very well: and when they are cold, paper them with wetted papers, and tye them up, and set them in your Closset.

You

You may *Preserve* white *Rasberryes* the same way; but be sure, you use fine *Sugar*: and for to add to the Jelly, you may infuse some small White *Rasberryes*, and take the Juyce, and use it: But let your Fire be quick to these, that they do not change their Colour.

### To make clear Cakes of *Currans* or *Rasberryes*, to dip With a firm Ice upon them.

**T**ake *Rasberryes* or *Currans*, & infuse them in a *Pot* set in a *Kettle* of boiling wa-  
ter;

ter ; and when it is enough, strain the Juyce, and let it settle to be clear : Then to a pound of Juyce, take a pound and two ounces of Double-refined Sugar, powder'd, and sifted throw a fine Hair-sieve ; then put the Juyce into your Pan, and set it upon the Fire, it being ver-  
y gentle, and be sure let it not boyl ; and after it hath been on the Fire about a quar-  
ter of an Hour, then take it off, and put in the Sugar, and stir it about to mix it well : then set it on the Fire, and let the Sugar be quite dis-  
solved, and you perceive it Jelly well, but be sure let it not boyl : then scum it clean, and put it in clear Cake-  
Glasses ;

Glasses ; and when it is cold, set it in the Stove, there being a very gentle Heat : And when the upper-most Side is Iced, then turn them out of the Glas-  
ses upon pieces of Window-  
Glass, and set it in the Stove again : and when they are I-  
ced with a firm Ice, turn them upon paper laid in a dry Sieve ; but you must turn them with Care, that the Icing do not break : Then set them in the Stove to be Iced again on the other side ; for the first Icing will dissolve : And when they are firm, pack them up in a Box, with papers between them, with Care. You must lay but Two Layings in a Box : They will keep a Year, if you give

48      The True Way of  
give them fresh Papers sometimes.

If you please, you may put a few Seeds in *Rasberry* clear Cakes, which will make them seem the *brighter*: But the Seeds must be in, all the time they are making.

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### To dry Cherryes, to keep all the Year.

S Tone the *Cherryes*, and take four pound of them; then boyl one pound & a quarter of Sugar, till it is Candy-high:

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high: then put in the *Cherryes*, and set them on the Fire, and let them boyl; but you must shake them often: and when the Sugar hath boyled quite over them, and the Windyness is boyled out of them, scum them, and put them into an Earthen-Pan, and cover them with a Sheet of White Paper, and set them by till the Morrow: Then lay them upon a splintered Sieve to drain; and when they are well drained, boyl one pound of Sugar, till it will boyl ropy very well: then put in the *Cherryes*, and set them on the Fire, and let them be scalding-hot all over; but let them hardly boyl: Then take off the Scum, and put them into a dry

D      Earthen-

Earthen-Pan, and cover them with a Paper, and set them in the Stove, in a warm Place; for a Day and a Night: Then drain them again upon a Sieve, very clean from the Syrrup, and lay them upon clean Sieves to dry, that have very narrow Holes; but you must dust them with the Sugar-Bag, and set them in the Stove; and when one side is dry, then turn the other; and dust them also, and set them into the Stove again, till they are quite dry: Then pack them up in a Box, with Papers betwixt each Laying.

You must mend them as you lay them out to dry; and you must shift the Papers sometimes, when they are packed up.

If you would have Cherryes with Stones,

**T**ake one pound of Sugar, and boyl it till it will rope very well; then put in Two pound of *Cherryes* with Stalks and Stones, and boyl them till the Syrrup will draw ropy: then set them by, and on the Morrow boyl the Syrrup, and scum it; and put the *Cherryes* in again, and let them boyl till the Syrrup will rope again: Then put them in an Earthen-Pan, and set them in the Stove all Night; on the Morrow, drain them from the Syrrup, and cover them over with the *Cherryes* without Stones, and dry them as the others.

### To Preserve Currans, White or Red.

**T**AKE of the best and largest *Currans*, that are not too Ripe, and pick out the Stones; then to a pound of *Currans*, take a pound of Sugar, or something more, and boyl it till it will ball between your Fingers: Then put in the *Currans*, and set them on the Fire, shaking them often, and let the Sugar boyl over them, and cover them; but let your Fire be gentle: Then take them off, and let them stand half an Hour, then

then set them on the Fire again, and boyl them till it will Jelly: Then put them in Pots or Glasses, and paper them, and set them in your Closset.

Put in Two or Three Spoonfuls of Juyce of *Currans*, as they are Preserving.

### To dry Currans, White or Red.

**S**TONE the *Currans*, and tye them in Bunches, as big as you please; then to a pound of *Currans*, take a pound of Sugar, and boyl it till it will rope very well, that it will

almost roul between your Fingers : Then put your *Currans* into it, and set them on the Fire, and let the Syrrup boyl over them : then shake them, and set them on again, and let the Syrrup boyl over them again ; your Fire being quick : and let them not stand long on it, for then they will lose the Colour : Then take off the Scum, and cover them down with Paper, and set them by *Four* and *Twenty* Hours : Then lay them upon a splintered Sieve, with wide Holes, to drain. And boyl another pound of Sugar, till it will draw ropy : then having them packed in a narrow Pan, that the Sugar may cover them, pour it upon them, and set them

them on the Fire, and let them be ready to boyl : Then put them under the Sugar, and cover them with Paper, and set them in a warm Place in the Stove *Four* and *Twenty* Hours : then take them out, and let them be quite cold : then lay them on a Sieve, to drain clean from the Syrrup ; then lay them to dry on another dry Sieve, and set them in the Stove to dry, having shook the Dust-Bag lightly over them first ; and when one side is dry, turn the other side : But you may turn them upon Papers, and dust them a little again ; and set in the Stove, till they are quite dry : Then pack them up in a Box, with Papers, and keep them in your *Closet*.

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## To Preserve Apricocks.

**T**AKE the largest, and best *Apricocks*, that are not too Ripe; first stone them, and pare them into fair Water; then weigh them: then have your Preserving-Pan very clean, and fair Water in it, into which put the *Apricocks*, and set them over a gentle Fire, and let them scald indifferent tender; then take them up, and put them into cold Water; then take the Weight of them in Sugar, clarify'd very clear, and boyl it till it will rope: then put in the

the *Apricocks*, they being first drained from the Water, and set them on the Fire, it being gentle. Let the Sugar enter them all alike, till you see them look clear, that the Sugar is gone thorow them: Then scum them clean, and cover them down with Writing-Paper, and set them by till the Morrow: Then take a clean dry splintered Sieve, with wide Holes, and lay them a draining upon it for an Hour; then pack them in the Pan, and boyl the Syrrup till it will draw ropy: and put it to them, and set them on the Fire, and give them a good Heat till they boyl a little; then take off the Scum, and cover them down with Writing-Paper,

per, and set them by Four and Twenty Hours ; then drain them from the Syrrup, as before : and when they are well drained, then pack them in Pots or Glasses ; and take the Syrrup they were Preserved in, and one Third Part more of fresh clarify'd Sugar, to which put a fifth Part of Water made very strong with Codlins ; for you can get no Pippins at this Time of the Year. Let this be boyled till it will Jelly, and is come to a good Thickness, and put it to them, and cover them very well with it. You must warm the Syrrup, and strain it thorow a Hair-Sieve before you boyl it. You must likewise wet Papers to cover them,

them ; and tye them over also with dry ones, and set them in your Closset.

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### If you would dry Apricocks.

**A**fter they are Preserved, as in the Receipt before-mentioned ; then drain them, and take as much fresh Sugar, as you do Syrrup ; and of both together, you must have enough to cover them : Let it be boyled, till it will draw pretty well : Let the Apricocks be packed in a Preser-  
ving-Pan ; and when the Sugar  
and

and the Syrrup is boyled up to a Heighth, then put it to them ; then set them on the fire, and shake them to move them from the Bottom of the Pan : Let them have a thorow Heat, ready to boyl : Then take off what Scum riseth, and cover them close down with Papers, and set them in the Stove for a Day and a Night : Then take them out of the Stove, and let them be quite cold ; and then lay them a draining upon a dry splintered Sieve, with wide Holes : and when they are well drained, then lay them out upon Pewter, or Tinn-Plates, to dry, and dust them, and set them into the Stove ; and when the uppermost Side is dry, then turn

turn them upon clean Plates ; but be sure, your Plates be very dry and clean : Then dust them with the Sugar-Bag again, and set them in the Stove to dry ; and when they are dry, then turn them upon dry White Paper, laid into dry Sieves ; and dust them again, and set them into the Stove to be quite dry : Then pack them up in a Box, with papers between each Layer. These will keep all the Year very well ; only give them dry papers, if they shall need them.

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### To make Apricot-Cakes, or Lour's Apricocks.

**T**ake of the Ripe *Apricocks*, and stone them, and pare them, and weigh them ; and to a pound of Apricot, take half a pound of Stigar ; boyl it till it will draw ropy : then put in the Apricot, and boyl them till they are all in a Mash, and that you have boyled out the frothy Windyness out of them, which you must carefully scum off clean : Then take half a pound good weight of Sugar, and boyl it till it will draw

draw ropy, and put it to the Apricock, and set them on the fire, and let them boyl, that the Sugar and the Apricock may be well mixed : Then set it in the Stove, covered with a white paper, and let it stand in a warm place *Four* and *Twenty* Hours ; then take it out, and let it be quite cold ; and then lay it out upon plates to dry. You must use a Tinn frame, to make them round : let them be dusted, and set into the Stove ; and when one Side is dry, turn them on fresh plates, and dust the other Side, and put them in the Stove again ; and when they are pretty dry, then turn them again upon plates : and so you may do *three* or *four* times, till they are dry ; then pack them up.

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### To dry Apricock-Chips.

**T**ake Apricocks that are not fully Ripe, and cut them in the Middle, and pare them ; then cut them into Chips, and scald them ; but not too much : then take their Weight in Sugar, and boyl it till it will draw Ropy ; then have the Chips drained from the Water, and put into the Sugar, and set it on the fire, and let them boyl till you see the Sugar hath fully entred them : Then take them off, and scum them clean, and paper them down,

down, and set them by for *Four and Twenty Hours* : then drain them upon a Sieve from the Syrrup, and boyl it till it will draw ropy ; then put them into it ; and if there be not enough Sugar to contain them, then boyl a little fresh Sugar, and put to them ; and set them on the Fire, and let them have a thorow Heat : then paper them, and set them in the Stove, in a warm Place, for a Day and Night ; then drain them on a Sieve, and lay them upon Plates to dry. You must dust them with the Sugar-Bag, and set them in the Stove ; and when they are dry, turn them on Papers, and dust them again, and set them in the Stove till quite dry.

## To dry Apricocks at brise boyling.

**S**TONE the Apricocks, and pare them, and weigh them, and put them into fair Water as you do pare them; then take better than the Weight of them in fine Sugar, and clarify it, and boyl it till it will draw ropy: then put in the Apricocks, and boyl them till you see they are Preserved, and are clear: then scum them, and cover them with a Sheet of White Paper, to keep them under the Syrup, and set them in the Stove for

Eight

## Preserving & Canpling. 37

Eight and Forty Hours, where they may stand warm: then take them out, and let them stand till they are quite cold: then drain them upon a dry Sieve, and lay them upon Plates to dry; and turn them once in Eight Hours, and dust them with the Sugar-Bag every time, when they are dry enough: Then turn them upon Papers; and when they are quite dry, then pack them up with Papers between each Laying.

**Y**OU may put some of the Apricocks, when they are Preserv'd, in Glasses, and with the Sugar, and some Codlin-Water, you may make a Jelly for them; but you must not put them in

The True Way of  
Glasses, till they have been in  
the Stove.

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## To make Gembals of Apricocks.

**T**ake Apricocks that are large, and not full Ripe, and pare them; and with a neat pricket pointed Knife begin at the End where the Stalk did grow, and cut them round, from one End to the other, letting the Knife go in the manner of a Screw: When you have so done, then weigh them, and take their Weight in Sugar, and boyl it Candy-high, and

and put them into it, and boyl them till they are clear; then cover them with Paper, and set them in the Stove for Eight and Forty Hours: then take them out, and let them be quite cold: then drain them upon a Sieve, and lay them upon Plates to dry. You may lay them in what Form or Manner you please: Let them be dusted with fine Sugar in the Bag, and set them in the Stove; and when they are dry of one side, then turn them carefully upon Paper, in a dry Sieve, and dust them again, and set them in the Stove till they are dry: Then pack them into a Box, with dry Papers, and set them in a Closset.

To Preserve Green Muf-  
sel-Plumbs, and Date-  
Plumbs, and Peaskod-  
Plumbs; and to Dry  
them likewise.

**T**ake Muffel-Plumbs, when they are at their full growth; weigh them; but let them be Green, and prick them with a Pen-Knife, at the End where the Stalk groweth, in three places; as you prick them, put them into cold Water, then put them into fresh Water, and scald them; but take care you do

not

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not break them: And when they are pretty tender, and you suppose scalded to the Stone, then put them into cold Water; and take the Weight of them of Sugar, and clarify it with more than a Quart of Water to a Pound of Sugar: Let the Syrrup be strained, and quite cold; then pack the Plumbs in the Preserving-Pan, and put it to them, and cover them with Paper, and set them by Four and Twenty Hours: then set them on a gentle Fire, and let them stand till they are scalding-hot: then cover them with Paper, and set them by till the next Day: then set them on the Fire again, till they are ready to boil: then set them by till

till the Morrow: then lay them a-draining upon a Sieve, and boyl the Syrrup till it doth begin to draw ropy: Then they being packed in the Pan, put the Syrrup to them, and set them on the Fire, and let them be ready to boyl: then set them by Two Dayes and a Night: then drain them out of the Syrrup upon Sieves again, and boyl the Syrrup till it will draw ropy; then put it to the *Plumbs* again, and give them a good Heat on the Fire: Then cover them with Paper, and set them by *Four and Twenty Hours*; by which time the *Plumbs* will be Preserved: Then you may either dry them, or put them in Pots. If you would

put

put them in Pots or Glasses, you must make some new Jelly with Water made very strong, with boyling sliced Cod-lins in it, and a Pint of that, and a Pound of Loaf-Sugar, either Single or Double-refin'd, which you please to bestow: You must boyl it to a Jelly, which you may know by setting some by in a Spoon: And when your *Plumbs* are packed in Pots or Glasses, fill them up with that, till they are well covered; and when they are cold, cover them with Papers wetted, and dried in a Napkin; they being just as big as the Pots or Glasses: and let them be tyed over with other Papers, and set them in your Closets. And

AND for to Dry these Plumbs, you must lay them up on Sieves, to drain clean from the Syrrup: then pack them in the Pan, and boyl as much Sun gar as will cover them, till it will draw ropy; then put it upon them, and set them on the Fire, and let them be thoro Hot: Then cover them with Paper, and set them in the Stove Four and Twenty Hours; then take them out, and let them be quite cold; then lay them a-draining upon a dry splintered Sieve; and when they are drained, lay them up on Plates, or a Sieve, to dry; and dust them with some fine Sugar in the Bag: and when one side is dry, turn the other upon

upon Papers, and dust them, and set them in the Stove till they are quite dry: Then pack them up in a Box, with Papers betwixt each Laying.

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### To Preserve & Dry Green Pear-Plumbs.

Pick out *Green Pear-Plumbs*, that are free from Spots, and prick them once at the Head, and four times at the End, by the Stalk: as you prick them, put them into clean cold Water: Then weigh them, and scald them tender, and put them into cold Water; then take the

the Weight of them in Sugar, and clarify it with a Quart, and half a Pint of Water, to a pound of Sugar, and let the Syrrup be cold : Then pack the *Plumbs* in a Preserving-pan, and put the Syrrup to them, and cover them with paper, and set them by *Twenty Four Hours* : Then set them on a gentle Fire, and let them be scalding-hot ; then cover them, and set them by again for a *Night and Day* : then set them on the Fire again, and let them be scalding-hot again : Then cover them, and set them by *Twenty-Four Hours* more : then drain them upon a splintered Sieve, and boyl the Syrrup till it begins to draw ropy : Then pack them in the

Preserving-pan, and put the Syrup to them, and set them on the Fire, and let them begin to boyl : then set them by, covered with paper, for *Twenty-Four Hours* more : Then heat them again till they boyl, and cover them, and set them by for *Twenty-Four hours* more ; then lay them upon a Sieve, to drain from the Syrrup ; and take the Syrrup, and boyl it till it will drawropy a little : Then they being packed in a pan, put the Syrrup to them, and set them on the Fire, and let them just boyl ; but let all places of the Pan be hot alike : Then cover them with paper, and set them by *Eight and Forty Hours* : then drain them again from the Syrup,

rup; and let them be packed in the Pan, and boyl the Syrrup till it will draw ropy, and put it to them, and set them on the Fire, and let them just boyl: Then shake the Syrrup over them, and cover them with papers, and set them by for Eight and Forty Hours; and if you see the Syrrup thin, then boyl it to them again, & set them by for Twenty-Four Houts more: And by that time they will be preserved. Afterwards you may put them in Jelly, or Dry them as you do the *Masse* Plumbs.

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### To Preserve & Dry White Pear Plumbs.

**T**ake White Pear-Plums, and prick them, and weigh them; and to a pound of Plums, take Three Quarters of a pound of Sugar clarified, and boyled till it is ready to draw ropy: then put in the Plumbs, and set them on a gentle Fire, till they begin to split; then take them off, and set them by an Hour: Then turn every one of them with the Point of a Pen-knife; then set them on the Fire again till they are scalding-

ing-hot: Then set them by, covering of them with White Paper, and let them stand till the Morrow; then drain them upon a Sieve, and boyl the Syrrup till it will draw ropy; and put them in again, and set them on the fire, and let them boyl a little very gently; then scum them, and cover them with Paper, and set them by Six Hours: then set them on the fire again, and let them just boyl: then scum them, and cover them with Paper, and set them by all Night: Then lay them upon Sieves to drain; and take half their weight in Sugar more, and the Syrrup they had before, and boyl it till it will draw roppy: Then put the *Plumbs* in

to

to it, and set them on the Fire, and let them boyl gently; but have a care you do not break them: Then take off the Scum, cover them with Paper, and set them by *Four* and *Twenty* Hours; then lay them upon Sieves to drain, and boyl the Syrrup again till it will draw ropy; and put in the *Plumbs*, and set them on the Fire, and let them just boyl; then cover them, and set them by till the next Day: Then lay them upon a Sieve to drain; and when they are drained clear from the Syrrup, pack them in Pots or Glasses, and boyl the Syrrup till it is a good Jelly, which you may know by setting a little in a Spoon; and when it is a good Jelly, put

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it

it to them, and be sure it doth cover them : If you find the Jelly is too high coloured, you may take some small *Pear-Plumbs*, and cut them in pieces, and put them in a long Earthen-Pot ; and to Two Pound of *Plumbs*, put a Pint of fair Water ; tye them close down with double Papers, and set them in a Kettle of boyling Water, and let them stand *Four Hours*, keeping the Water boyling : Then take a clean new Flaxen-Napkin, and strain out the Liquor from them, and let it stand and settle : Then to a pint of it, take a pound of Double-refined Loaf-Sugar, and put them together, and boyl it to a Jelly ; then put it to your *Plumbs*,  
and

and when they are quite cold, paper them up, and set them in your Closset ; but not near Heat.

**I**F you would Dry *White Pear-Plumbs*, then take as much fine Sugat that is clarify'd, as will contain them, and boyl it till it will draw ropy ; and when the *Plumbs* are Preserved, and fit to put up in Pots, put them into this Sugar, and set them on the Fire, and let them be thorow hot ; then cover them with a Sheet of White Paper, and set them in the Stove *Four and Twenty Hours*, in a warm place : Then take them out, and let them be quite cold ; then lay them upon Plates to

dry, dusting them with Double-refined Sugar, in a Bag made of fine Linnen ; and when one Side is dry, then turn them into a dry Sieve upon Paper, and dust them again, and set them in the Stove till they are quite dry : Then pack them into a dry Box, with dry Papers, and set them in your Closset.

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### To make Consarbe of Red Roses.

**T**ake Red-Rose-Buds, and pick them, and cut off the White Part from the Red, and put the Red-Flowers in a Sieve, and sift out the Seeds ; then weigh them, & to a pound of the *Flowers*, take Two pound and an half of Loaf-Sugar, beat the *Flowers* pretty fine : then by degrees put the Sugar to them, & beat it very well, till it be well incorporated together : then put it in Gally-Pots, and cover it with a dry Paper, and tye it

F 3 over

over with a double Paper; and it will be good *Four* or *Five Years.*

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### For Preserving and Dry- ing the Plumbe called the Yellowe Amber-Plumbe, or the white Margaret- Plumbe.

**T**ake them, & weigh them, and take the Weight of them in Sugar, and clarify it, and boyl it till it doth draw ropy; then put them into it, and set them on the Fire, and let them just split; then take them off, and turn them,

them, and set them on again, and let them be just ready to boyl; then cover them with White Paper, and set them by *Four* and *Twenty Hours*: Then lay them upon Sieves to drain, and take the Syrrup, and boyl it till it will draw ropy; and pack the *Plumbs* in the Pan, and put it to them, and set them on the Fire, and let them almost boyl: Then take off the Scum, and set them by *Four* and *Twenty Hours*, covering them with White Paper: then drain them on a Sieve, and add to the Syrrup a quarter of a pound of Sugar, for each pound of *Plumbs*; and boyl up the Syrrup and Sugar, till it will draw ropy; then put it to the *Plumbs*,

and set them on the fire, and let them boyl a little very gently : Then take off the Scum, and cover them with Paper, and set them by till the next Day ; then drain them upon a Sieve ; and when they are drained clean from the Syrrup, pack them in Pots or Glasses, and strain the Syrrup thorow a Hair-Sieve, and boyl it to a Jelly, and put it to them, and let the Jelly cover the *Plumbs* ; and when they are cold, then paper them with wetted Papers, and tye them over with dry Papers, and set them in your Closset.

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**T**O Dry these *Plumbs*, you must boyl a new Sugar, and put them in, as you do for *White Pear-Plumbs*.

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### To preserbe & dry Black Pear-*Plumbs*.

**T**AKE the largest *Black Pear-Plumbs*, and weigh them ; and take the full weight of them in Sugar, boyl it till it doth draw ropy ; then put in the *Plumbs*, and set them on the Fire till they begin to split : then take them off, and set them by an Hour ; then

then turn them with the Point of a Pen-knife, and set them on the fire again, till they are ready to boyl ; then take them off, and cover them with papers, and set them by *Four* and *Twenty* Hours ; then lay them on a splintered Sieve to drain ; Then take the Syrrup, and boyl it till it will draw ropy ; and have the *Plumbs* packed in the Pan, and put it upon them, and set them on the fire, and let them boyl a little, the fire being gentle : Then scum them, and cover them, and set them by till the next Day ; then lay them upon a Sieve to drain, and boyl the Syrrup till it will draw ropy, and put to them as before ; and set them on the fire,

fire, and let them just boyl : then set them by Six Hours ; then heat them again, till they are ready to boyl : then set them by all Night ; then drain them on a Sieve again, and boyl the Syrrup to them as before, and set them on the fire again, till they begin to boyl : Then cover them with papers, and set them into the warm Stove, and let them stand *Four* and *Twenty* Hours ; then take them out, and let them be cold, and pack them in Pots or Glasses, and boyl the Syrrup till it is a good Jelly ; then put it to them, and let it cover them ; and when they are cold, paper them with wetted papers, and tye them over with dry papers, and set them into

92      **The True Way of**  
a dry Closset. You must take  
care to strain the Syrrup thoro-  
row a Hair-Sieve, before you  
boyl it to a Jelly, for those  
you put in Pots or Glasses.  
And for those to dry, you must  
boyl as much Sugar till it will  
rope, as will handsomly receive  
them, that they may swim in  
it; that when you cover them  
with papers, they may lye all  
under Sugar; and when your  
Sugar is boyled, and put to  
them, set them on the Fire, and  
let them be thorow hot all o-  
ver: then cover them down  
with papers, and set them in-  
to a warm Stove for *Eight & For-*  
*ty Hours*: Then take them out,  
and let them be quite cold, and  
drain them clean from the Syr-  
rup

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rup on a Sieve, and lay them  
on Boards or Sieves to dry,  
but not on Plates; for that will  
alter the Colour of them. You  
must dust them, and turn them,  
and dry them as you do other  
*Plumbs*.

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**For drying of Black Pear-  
Plumbs, with a little  
Sugar, that they may  
Eat very sharp.**

**T**ake your *Plumbs*, & stone  
them, and weigh them;  
and to a pound of *Plumbs*  
take half a pound of Sugar,  
and boyl it Candy-high; then  
put

put in the *Plumbs*, and set them on a very gentle fire, and let the Sugar by Degrees boyl over them. You must often shake them, that they may enter all alike: Then cover them with paper, and set them into a warm Stove *Eight and Forty Hours*: Then drain them from the Syrrup, and put a quarter of a pound of Sugar to each pound of *Plumbs* more, together with the Syrrup; boyl it till it will draw ropy: Then put in the *Plumbs*, and set them on the fire, and let them boyl a little gently, just that they may be all hot thorow: Then set them in the Stove again, covered with papers, and let them stand *Eight and Forty Hours* more: Then take

take them out, and lay them a-draining on a Sieve; then lay them out on Sieves to dry, and as you lay them out, mend those that are broke. When they are dry, wet a Cloath with clean hot Water, and wipe off the Clammyness, and put them in dry Sieves, and set them in the Stove again, till they are dry: then pack them up in dry Boxes.

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## To preserve and dry Damsons.

**T**ake of the largest, & best Damsons you can get, and weigh them ; and take the full weight of them in Sugar, and boyl it Candy-high ; then put in the Damsons, and set them on the fire till they begin to split : Then set them by Two Hours ; Then turn them, and set them on the fire, and let them boyl a little very gently : Then cover them with papers, and set them by till the next Day : Then set them on the

the Fire again, and let them boyl a little very softly : Then cover them, and set them by till the Morrow : then lay them upon a Sieve to drain from the Syrrup, and boyl the Syrrup till it will draw ropy : Then put it to the Damsons, and set them on the Fire, and let them boyl ; then cover them with Paper, and set them by till the Morrow : Then drain them from the Syrrup clean upon a Sieve, and pack them in Pots or Glasses, and boyl the Syrrup to a Jelly, and put to them ; but keep some of it till it is almost cold : Then put it on them, and cover them.

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**A**nd for to Dry them, take them when they are Preserved and Drained, and ready to put into Pots ; and pack them in a Pan, and boyl as much Sugar as will just cover them, till it will draw ropy, and put it to them, and let them have a thorow Heat on the Fire ; and then cover them, and set them into the Stove for Four and Twenty Hours, in a hot place : Then take them out, and let them be cold, & lay *them* upon Boards to dry, they being drained from the Syrrup. Let them be dusted with some Sugar in the Bag, and dried as you do other Plumbs ; and when they are dry, pack them into Boxes, with dry Papers

Papers between each Laying ; and set them in your Closet.

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### To Preserve Barberries.

**T**ake the best and largest Barberries you can get, and stone them ; and to a pound of Barberries take three pound of Sugar, and clarify it, and boyl it till it is Candy-high : Then put in the Barberries, and set them on the Fire, and let them boyl till the Sugar boyleth over them all ; then take them off, and take off the Scum, and put them in-

to an Earthen-Pan, and cover them with Paper, and set them by till the next Day: Then put them in Pots, and put the Syrrup upon them to cover them: Tye them up with Papers, and also lay pieces of Paper cut round upon them, to keep them under the Syrrup: Set them in your Closset.

### To make Conserve of Barberries.

**T**ake Barberries, and strip them, and put them into a large Pot, or a Pitcher, that you may tye them down

down close: Then set them into a *Kettle* of boyling Water five Hours; then take them, and strain them very hard thorow a strong Napkin or Towel; and to a pound of the Liquor, take a pound and a quarter of Sugar, boyl it Candy-high, and put in the Liquor, and boyl it till it is come to a good body; which you may try, by setting a little by in a Spoon to cool: When it is enough, then put it in Pots, and lay Papers upon it, and tye it over with dry Papers, and set it in your Closset.

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## To dry Pears with Sugar, to keep all the Year.

**T**ake Poppering-Pears, and thrust a picked Stick in at the Head of them, till it goeth beyond the Core: Then scald *them*, but not too tender; then pare them the long way into Water, and take the weight of them in Sugar clarifyed, with a Pint and an half of water to a pound of Sugar; strain the Syrrup clear, and put in the Pears: Set them on the fire, and boyl them pretty handsomly for half an Hour

the

then cover them with Papers, and set them by till the Morrow; then boyl *them* again, and set them by till the next Day; and then take *them* out of the Syrrup, and boyl it till it will draw ropy; and pack them in a Pan, and put it to them; and if it will not cover them, then add some Sugar. Set them on the Fire, and let them boyl all over: then cover them with Paper, and set them in the Stove for Four and Twenty Hours; and then take them out, and let them be cold: Then lay them upon a Sieve to drain; then lay them on Plates, and dust them with some fine Sugar, and set them into the Stove to dry; and when one side is dry, then turn

G 4

them

them upon Papers in a Sieve, and dust the other side, and set them into the Stove again, till they are quite dry: Then pack them up with Papers between each Laying, and keep them in a Closset.

### To preserve & dry Peaches, or Neck-trines.

**T**ake Peaches that are *White*, and not those that are *Red* at the Stone, and cut them in the Middle, and take out the Stone, and pare them, and weigh them; and to a pound of them, take three quarters

quarters of a pound of Sugar, and clarify it with a pint and an half of Water, and strain it, and let it be cold: Then put in the Peaches, or Neck-trines, and set them on a gentle Fire, till they are tender: Then *scum* them, and cover them with Paper, and set them by: On the Morrow, set them on the Fire again, and let them just boyl; and cover them with Paper again, and set them by till the next Day: Then lay them to drain from the Syrrup, and take the Syrrup, and boyl it till it begins to draw ropy: Then pack them in a Preserving-Pan, and put the Syrrup to them, and set them on the Fire, and boyl them a little; then

then *scum* them, and set them by; and if they want Sugar, you must add a little more before you boyl the Syrrup: Then let them stand till the morrow; and then lay them upon a Sieve to drain; and those that you will put into Pots or Glasses, you may: And to make the Syrrup Jelly, you must put some *Pippin-Water* to the Syrrup, and boyl it to a Jelly; and put it to them, and cover them with it: And those that you will dry, you must take half of their Syrrup, and the other half fresh Sugar, and boyl it together till it will draw ropy; and pack them in a Pan, and put it to them; and set them on the Fire till

till they are ready to boyl; then set them into a hot Stove Four and Twenty Hours: Then take them out, and let them be quite cold; and then lay them upon a Sieve to drain: Then lay them upon Plates to dry, and dust *them* a little, and set *them* into the Stove; & when one side is dry, turn *them*, and dust the other side, and set *them* into the Stove till they are quite dry. Then pack them up with Papers, &c.

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## To Preserve White Quinces, Whole or in Quarters.

**T**ake smooth *handsome Quinces*, and scald *them* till they are tender to the *Core*. You must lay a *Pewter-Dish* upon *them*, to keep *them* under the Water. When they are scalded, then take *them* up, and set *them* by till they are cold. Then those that you will Preserve Whole, you must take out their *Cores* with a pick-ed Knife, and pare *them*: And for those that you will do in *Quar-*

Quarters, quarter *them*, and pare *them*, and weigh *them*; and to a pound of *Quince*, take a pound and a quarter of fine Sugar, clarify it, and boyl it till it will draw ropy very well: Then put in the *Quinces*, and set *them* on the Fire, and boyl *them*, shaking of *them* sometimes, and scumming of *them*: And when the Syrrup begins to Jelly, take *them* off, and let *them* stand open an Hour; then set *them* on the fire again, and let *them* boyl till the Syrrup will Jelly very well: Then take *them* off, and shake *them*, and scum *them*, and set *them* by till the next Day: Then take the *Quinces* from the Syrrup, and pack *them* in Glasses or Pots, and warm the Syrrup,

rup, and strain it thorow a Hair-Sieve, and boyl it to a Jelly, and put to the *Quinces*, and cover them with it ; and when they are cold, cut some Papers round, fit for the Glasses, and wet them in fair Water, and dry them in a Napkin, and lay them upon the Jelly, and cover them with dry Papers, and tye them with Pack-thred, and set them in your Closset.

**I**F the Jelly to the *White Quinces* should not be strong enough, you may cut some small *Quinces*, and boyl them in some Water, and make it strong of the *Quinces*, and put some to the Jelly, and boyl it up, and put

it

it to the *Quinces*; and be sure, to cover them with it.

---

### To Preserve Red Quinces, whole or in Quarters.

**S**cald the *Quinces* tender, and core those that you will do Whole, and pare them ; and quarter, and pare those that you will do in Quarters ; and weigh Them, & the Whole Ones together ; and take a pound and a quarter of Sugar, to a pound of *Quince* ; clarify the Sugar with a Quart of Water to a pound of Sugar, and put

put in the *Quinces* into the thin Syrrup; and set them on the Fire, and cover them with an Earthen, or Pewter-Dish very close: Let the Fire be very gentle, that they may only stew, and hardly boyl; for they must stand upon the Fire till they are turned Red, and of a good Colour; which will take up about four Hours: But you must be governed by the Goodness of the Colour, and take care that the Syrrup do not grow thick too fast, and that the *Quinces* do not burn: And when you see the *Quinces* are of a good Colour, let the Syrrup boyl thick with them in it: Then take them off, and put the *Quinces* in Glasses or Pots, and

and strain the Syrrup, and boyl it, and put it to them, and cover them with it. When you Preserve the *Quinces*, you may put in some *Quince-Cores*, which will help to make the Jelly the better, and the Colour likewise. You must paper these, and all things that are done in Jelly, with wetted Papers, dried a little in a clean Napkin; and tye them over with dry Paper, and set them in your Closset; but near no Heat.

To make white Marmalad of Quinces, according to the Portugal Fashion.

**S**cald the Quinces, and pare them, and cut the Pulp clean from the Core, and beat it in a Mortar, and force it through a Cullendar, and weigh it; and to one pound of Pulp take a pound of fine Sugar; clarify it, if it be powder-Sugar; but if it be Loaf-Sugar, you need only to put a little Water to it, that you may dissolve it, to boyl it till it is Candy.

Candy-high: Then put in the Quince-Pulp, and set it on the Fire, and boyl it till it cometh from the Bottom of the Pan: But if you cannot understand that, then lay a little of it on a Plate, to see if it become to a Body; and when you perceive it is, then put it into Boxes, or Pots, or Glasses; and when it is cold, put Papers over it, or cover the Boxes.

To make white Marma-  
lad of Quinces Jellyed,  
and with whole Lumps  
in it.

**S**ald the *Quinces*, and pare them, and slice them into thin Slices : Then take a pound of fine Loaf-Sugar, and wet it with Decoction of *Quinces*, which is Water made strong by cutting some *Quinces* to pieces, and boyling in it : Put half a Pint of This to a pound of Sugar, and put a pound and a quarter of Sugar to a pound of the *Quince-Pulp*; but boyl the Sugar

Sugar first, till it will draw ropy very well ; and then put in the *Quince*, and boyl it till it will Jelly : Then put it into Glasses, or flat Pots.

To make white Quince-  
Paste.

**S**ald the *Quinces* tender to the Core, and pare them, and Scrape the Pulp clean from the Core, and beat it in a Mortar, and force it thorow a Cullender : Then take to a pound of the *Quince* a pound and two ounces of Sugar, and boyl it till [it is Candy-high :

H 3 Then

Then put in the *Quince*, and stir it about continually, till you see it come clear from the Bottom of the Pan: Then take it off, and lay it out upon Plates with Tin-frames: And if you spread some thin upon Plates, you may cut it into *Quince-Chips*. This *Paste* must be dusted, when you put it into the Stove: and when you turn it upon Paper, which must be into a Sieve, when it is dry, you may pack it up in a dry Box, and put Papers between each Laying. You must look to it sometimes; and when it wants dry Papers, then shift it.

You

You may make *Red Quince-Paste* the very same way that you do *White*; only you must colour it *Red*, with some *Cutchenele Colouring*; which I directed to be made, at the Beginning of the Book.

If you lay some *Red Paste* thin upon Plates to dry, for to cut in Chips, they will mix with the *White*.

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## To make Red Quince-Marmalad.

**S**cald the *Quinces*, and pare them, and scrape the Pulp clean from the Cores : Then take a pound of Sugar good weight, to a pound of *Quince*; clarify the Pound of Sugar with a quart of Water; strain it clean, and put in the *Quince*, and cover it very close, and set it on a Fire that is ver-  
y slow, that it may be of a good Red Colour, before it is boyled too thick; and when you see it is come to be of a  
good

good Colour, then boyl it till it is come to a good Body; and keep it stirring, that you do not burn it : When it is enough, which you may know by putting of a little upon a Plate to cool : Then put it up in Pots or Glasses.

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## To make ordinary Rasberry-Cakes, with seeds in them.

**T**ake *Rasberryes* clean pick-  
ed, and put them into a Preserving - Pan, and set them on the Fire, and dry away the Juyce till the Pulp  
is

is grown thick : Keep them stirring all the time they are drying ; and when the Pulp is thick, then weigh it ; and to a pound of Pulp, put a pound and three ounces of Double-Refined Sugar, or (if you please) Single-Refined. Let the Sugar be beaten, and serced as fine as Flower : Then put them together, and set them on the Fire, and stir them together ; and let it stand on the Fire till it is well mixed, and is ready to boyl : Then take it off, and pour it into an Earthen-Pan, and let it stand till it is cold : then lay it out upon Boards that are very dry and clean. You need not dust this *Paste*. You must use *Tin-Rings*,

Rings, to lay it out with. Let the Fire be moderate, whilst this *Paste* is in the Stove. When it is dry, pack it up with Papers between each Laying, in a dry Box.

---

### To Dry English-Figgs.

**T**ake *Figgs* that are Ripe, and pare them, & weigh them ; and to a pound of *Figgs*, take a pound of Sugar clarifyed with a pint and an half of Water ; scum it clean, and put in the *Figgs*, and set them on a gentle Fire ; and when you think they are thorough

row scalded, then take them off, and cover them with a piece of White Paper, and set them by till the next Day; then set them on the Fire again, till they are ready to boyl; then set them by till the next Day: Then take them out of the Syrrup, and boyl it till it will rope; then put them into it again, and set them on the fire, and let them boyl half an Hour: Then scum them, and set them by till the Morrow; then drain them from the Syrrup, and add half a pound of Sugar to each pound of *Figgs*: put the Sugar, and the Syrrup together, and boyl it till it will rope: Then put in the *Figgs*, and let them have a good Heat on the fire,  
till

till they are ready to boyl: Then cover them down with Paper, and set them in the Stove *Three Dayes*; then lay them out upon Pewter-Plates to dry, and dust them with a little fine Sugar. You must turn them *Three or Four* times, before they must be turned upon Paper.

It is the best way to Pre-serve them in a Pewter-Bason.

---

### To Dry Pears, or Pip-pins, without Sugar.

**T**ake them, and wipe them clean ; and take a Bodkin, and run it in at the Head, and out by the Stalk, and put them in a flat Earthen-Pot, and bake them, but not too much. You must tye white paper over the Pot double, that they may not scorch. You must put a Quart of Ale to half a Peck of them ; and when they are baked, let them be cold : Then drain them from the Liquor, and lay them upon Sieves

Sieves with wide Holes ; and dry them in a hot Stove, or an Oven.

---

### To make Rocks of Cytrron, and Orange, and Lemmon, and Angellica.

**T**ake of the Greenest tender Cytron, and of the preserved Angelica, and Orange, and Lemmon ; peel an equal Quantity ; and boyl as much Sugar, as will receive the Quantity that you do, till it will rope : Then put in the before-mentioned Particulars ; and boyl

boyl all together, till it will Candy: Then lay it out in Rocks upon Writing paper; and when it is cold, it will be dry to pack up.

---

### To Candy Flowers of Roses, Violets, Cow- slips, Burrege, or any other Flower.

**T**ake the *Flowers*, and pick them from the White part: then take fine Sugar, and boyl it Candy-high, as much as will receive the quantity of *Flowers* that you will do: Then put in the *Flow- ers*,

ers, and stir them about till you perceive the Sugar to Candy very well: then take them off from the Fire, and keep them stirring till they are cold in the Pan that you Candy them in, and that the Sugar looks as if it was sifted upon them: Then sift the Loose Sugar from them, and keep them dry.

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### To make Marchpain.

**T**ake a pound of sweet Almonds, and blanch them, and wash them, and dry them in a clean Cloath, and I put

put them in the Mortar: Then take Three quarters of a pound of fine Sugar, and put to them, and beat them together, and sprinkle in a few Drops of Rose-Water; beat it till you see it is a very good Paste: Then roul it out as thin as you think convenient, and make the Marchpains into what Shape you please. You may have a little fine Sugar beaten, and serced, to strow under it as you roul it out, to keep it from sticking.

And to Ice them, beat double-refined Sugar, and serce it as fine as Flower, and wet it with Rose-Water, and stir it well together; make it so thin, that you may spread it thin over them

them with a Brush, or a Bunch of strong Feathers: Then bake them in an Oven that is not too hot. You must put them upon wafer-Paper, and paper under it.

When they are baked, you may strow some Bisket-Comfits upon them, or what other Comfits you please; or you may stick large Comfits on them, when they are hot.

## To dry Green Jennetting- Aplies.

**T**ake them, and with a little picked Stick, prick them in at the Head quite thorow the Core, and put them into clean Water; then take some fair Water in your Preserving-Pan, and put them into it, and lay a Pewter-plate upon them, to keep them under the Water, and set them upon a very gentle Fire, and scald them pretty tender; then put them into clean cold Water; and when they are cold, that

that you can handle them, then peel them into another cold Water: Then take the weight of them in Sugar, and clarify it with a quart and half a pint of Water to each pound of Sugar; strain it, and let it be quite cold: Then put in the Jennettings, and let them stand four and twenty Hours covered with a Paper; then take off the Paper, and set them on a gentle Fire till they are scalding hot: Then cover them, and set them by till the next Day; then set them on the Fire, and heat them as before; and so do with them in all four times: And when they have stood a Night after they have been heated, then drain them out of the Syrrup,

and strain it, and boyl it till it begins to be thick, but not to draw: Then put them into it again, and heat them a little in it; but let them not boyl: Then cover them, and set them by Two Dayes; then take the Syrrup, and boyl it till it will draw ropy; and if there be not Syrrup enough to cover them, then add to it some Sugar: And when it will draw, put in the Jennettings, and let them have a little heat on the Fire: Then set them by, for they are Preserved enough: And when they have stood four and twenty Hours, then drain them out of the Syrrup, and have half their weight in fresh Sugar clarify'd, and take as much

much of the Syrrup, and put to it, as will make it cover them, and boyl it till it will draw ropy, and put them into it, and cover them with a Paper, and set them into the Stove, in a warm Place eight and forty hours: then take them out of the Stove, and let them stand till they are cold: then drain them clean from the Syrrup upon a dry splintered Sieve; and when they are drained, lay them upon Plates to dry, & dust them a little, and dry them in the Stove; and when dry, pack them up in a dry Box, with dry Papers. Keep them in a Closset.

## To Preserve and Dry Grapes.

**T**ake of the best White Grapes before they are too Ripe, and pick out the Stones, and weigh them ; and as you stone them, put them into a good *quantity* of fair water ; and when they are all stoned, put them into a good quantity of cold Water, and set them on a moderate Fire till they are scalding hot ; but let them not boyl : Then take them off, and put them into cold Water ; then take the weight of them in Sugar,

as

as fine as you please, and clarify it with a quart of Water to a pound of Sugar, and let it stand till it is cold : then pack your Grapes handsomly in your Preserving-Pan, and put the Syrrup to them, and cover them close with Paper, and set them by four and twenty Hours : Then set them on a very gentle Fire, and let them be scalding-hot ; then cover them with Paper, and set them by four and twenty Hours more : then drain out the Grapes, and boyl the Syrrup till it is almost ready to draw out roping : then pack the Grapes in a Pan, and put the Syrrup to them, and set them on the Fire, till they almost boyl : then cover them, and

and set them by; for they will be Preserved enough; and let them stand Twenty-four Hours in the Syrrup: and you may put some of them into Pots or Glasses, and make a Jelly, and put to them. You may make your Jelly of strong Pippin-Water, and Double-refined Sugar, as formerly directed.

**A**ND for those that you will Dry, you must have some Sugar clarifyed; and take one half New Sugar, and the other half of the Syrrup they were Preserved in, and boyl it till it will draw ropy: Having your Grapes packed in a Pan, pour it upon them, till they have enough to cover them: Then set

set them on the Fire, and let them be thorow hot: then cover them with Papers, and put them in the hot Stove for twenty-four Hours: then take them out, and let them be quite cold: then drain them upon a dry Sieve from the Syrrup, and lay them upon dry Sieves, and dust them, and set them in the Stove, and dry them.

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## To make Bisket to be baked in Tinn-Frames.

**T**ake six Eggs, and two spoonfuls of Rose-Water, and beat the Eggs, and Rose-Water together, with a new White Whisk, or (as some call it) a White Rod : Then put in one pound of Sugar, and with a Spoon stir it quick about, till you have mixed it. Then take almost a pound of

*The Sugar must  
be beaten, and  
dusted.*

the finest Flower, and put to it, and stir it about very quick, till it is mixed,

mixed, that you can seen no dry Flower : Then having the Bisket-Pans papered, put in the Batter, and gently scrape a little Loaf-Sugar upon it ; then set it into the Oven, not too hot ; for then it will be coloured too much before it is baked : When it is baked, take it it out of the Pans, and dry it in the Oven, and pack it up.

**Y**ou may bake some of the same Batter in *Tinn-Frames*, made in the Form of a Heart, and several other Forms ; but you must butter the Bottom of them a little, or else the Bisket will not come out handsomely.

---

## To make the Little Hollow Bisket-Cakes.

**T**ake six Eggs, and a spoonful of Rose-Water, and beat them together very well: then put in a pound and two ounces of Sugar, beaten, and sifted; stir it till it is well mixed; then put in as much Flower as will make it thick enough to lay out in Drops upon Sheets of White Paper, and stir it together till the Flower is just mixed: then drop it out upon white Paper, and beat a little Loaf-Sugar,

and

and put into a little Lawn-Sieve, and sift a little upon them, and bake them in an Oven that is not too hot: As soon as they are baked, whil'st they are hot, pull them off from the Papers, and put them in a Sieve, and set them into the Oven: when it is almost cool, and when they are dry, then pack them up for Use.

---

## To

## To make Almond Puffs.

**T**ake half a pound of Sweet Almonds, and blanch them, and beat them very fine with three or four spoonfuls of Rose-water : then take of the finest Gum-Draggon almost half an ounce, steeped in Rose-water three or four Dayes before, and put to the Almonds, and beat it together : then take

*Put a little fine  
Flower to the  
Sugar.*

as much Double-refined Loaf-Sugar, beaten, and serced, and put to it as will make it fit to roul

roul out, which you must do ; and cut it into what Shapes you please, and lay it upon White Paper, and bake it in an Oven that is gently hot : When they are baked enough, then take them off the Papers, and dry them in the Oven when it is almost cold.

## To make Chocolet-Puffs.

**T**ake Six Eggs, and beat them very well with a white Rod ; and take a quarter of an ounce of Gum-Draggon, steeped in Rose-water Three Dayes before, and

K put

put it to the Eggs, and mix it well together: then take a pound and an half of Loaf-Sugar, beaten, and serced, and put to the Eggs, and four ounces of Chocolet grated, or powder fine; mix all together very well: Then take as much fine Flour, and put to it, as will make it into a Paste to roul out; which do, and cut it into what Shape you please, and bake it upon white Papers; and take them off as soon as they are baked, and dry them as you please, in the Oven.

To

### To Preserve and Dry Wall-nuts.

**T**ake the large VVallnuts before the Shell is grown hard in them, and mix some Milk and VVater together; and pare off the Green Part, and put them into it: VVhen they are all pared, then set them upon the Fire, and boyl them till they are tender; but if you see the Milk and VVater turn very black, then take fresh Milk and VVater, and boyl them in; and when they are boyled tender, then put

K 2

them

**The True Way of**

them into clean cold VVater, and take the weight of them in Sugar that is white and good, and clarify it with a Quart of VVater to a pound of Sugar: and when it is cold, put them into it, and let them stand Twelve Hours: then set them on the Fire, and boyl them in the Sugar a little: Then set them by till the next Day; then drain them from the Su-  
gar, and boyl it till it will draw ropy: then put them in-  
to it again, and let them have a little boyling; then set them into the hot Stove a Day and a Night: And then, when they are cold, drain them out of the Syrrup, and lay them upon Plates, and dry them. You may

may dust them a little with some fine Sugar.

**I**F you would put any of them in Pots, then put a little VVater wherein Gooseberryes have been boyled to the Syrrup, to keep them from Can-  
dying, and stick half a Clove in each of them.

**To make Geimbals of a  
very good Sort.**

**T**AKE Six Eggs, and Two or Three Spoonfuls of Rose-water, and beat them very well together; then

put in a pound of Sugar sifted, and mix it very well; then put to it as much fine *Flour*, as will make it roul out; which you must do, and lay them in what forms you please, and bake them upon white Papers; but be sure, take them off as soon as they come out of the Oven; and dry them as you please; and when dry, pack them up for Use.

To

## To make the best Rock-Candy.

**T**ake Flowers, Fruit, or Spices, that have been Preserved throughly, or boyled in Sugar, till they would dry very well; then dry them in the Stove, and take an Earthen-Pot, that is made narrower at the Bottom, than it is at the Top; and take clean dry whit Whisks, and cutt off a fit Length, and lay enough at the Bottom of the Pot to cover it: then lay on a Lay-ing of such things, as you will

K 4

Candy;

Candy: then lay another Layer of the white Whisk, and so likewise of what you do Candy: and so do till the Pot is full: then boyl as much Sugar Candy-high, as will cover all, and fill the Pot, and put it into the Pot, and set it into the warm Stove for thirty hours; then take them out, and pour away the Sugar, and set the Pan into the warm Stove again for thirty Hours more; then take out all the Candies, and lay them in the Stove to dry; and when they are dry, pack them up in a Box, and keep them in a dry Closset.

To

### To make Pistachoe-Paste.

**T**AKE a quarter of a pound of the Kernals of Pistachoe-Nuts, & one pound of Jordan-Almonds; blanch the Almonds, and beat them, and the Nut-Kernals together, with a little Rose-Water, till it is a fine Paste; then take two pounds of Double-Refined Sugar, and melt it, and boyl it Candy-high: then put in the Paste, & stir it well

*The way to make Spinage-Colouring, is directed in Page 21.*

green enough,

then put in a little Spinnage-Colouring, and Six Grains of Amber-

Amber-Greace; mix all well together, and drop it out into what Shape you please; and if it be not dry enough, then set it in the Stove a little, and it will be fit for use. You must stick three pieces of Kernel upon each piece of Paste, when it is soft.

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*F I N I S.*

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